

HOW TO REDUCE FATIGUE DURING ONLINE CLASS

By: Nurul Najihah bt Mohd. Roffe, 1170967,

Fakulti Kepimpinan dan Pengurusan (FKP), Universiti Sains Islam Malaysia (USIM)

Published on 21 August 2020

The Ministry of Higher Education has announced that all university lectures must be conducted completely online until December 31.

So far, some students are in fine fettle, but quite a few said that they are facing several problems, especially related to their physical health.

I have talked to my friends about the hours they spend attending classes and doing assignments daily. They explained that on normal days it can be only 3 hours, but on busier days, it can take up to 12 hours of sitting down staring at the screens. As a result, some of them complained about having neck and back pain as well as eyestrain.

These are the common problems faced by the students because the lack of activities. Remote learning only requires us to sit in front of our devices, attending virtual lectures plus finishing up assignments, with minimal physical activities involved daily.

However, there are solutions to the said problems, and the good news is these solutions include home remedies that the students can try on their own, effortlessly.

For neck pain or stiffness, which are usually caused by poor posture or working at a desk for too long without changing position, the remedies are pretty simple to try out.

One of it is to keep your muscles moving and occasionally change the sitting position. Hence, having breaks in the time spent sitting and taking a minute to do some stretching or walking around the house helps prevent neck and back pain.

Next, Ana Groter, in her article in *healthline.com*, which was medically reviewed by Judith Marciniak, MD, stated that heat therapy in the neck area also can help reduce neck pain, as heat can soothe the affected muscles.

Consequently, minor stiffness experienced can be treated within 15 to 20 minutes of steamed towel being placed at the stiff area. However, if the stiffness remains, it is best to seek medical help.

Additionally, back pain can be treated with resting. You can experiment to find one comfortable position to relieve the pain.

Cheshire Medical Centre suggested one position that has worked wonders to some people, is to lie on your back with your hips and knees bent, and place a pillow under your knees.

Another suggested position that might help is to lie on your side with your knees bent, and a pillow between them.

Eyestrain can be reduced by blinking frequently to refresh your eyes. Staring at computer screen for hours can dry up your eyes, therefore blinking occasionally can produce tears which helps to moisten and refresh your eyes.

The famous treatment to try out is the 20-20-20 rule, as Mayo Clinic suggested. For every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye fatigue.

Undoubtedly, online classes is definitely important to students, but they must be attentive to their physical health as well so they can notice any discomfort during sessions. It is a crucial step for them to prevent health deterioration of their entire body later on.



Photo- Google



Photo- Google



Photo- Google